T3o Treadmill

ASSEMBLY INSTRUCTIONS

Life Fitness

Congratulations...

and welcome to the world of ***Life Fitness***

and the ***Life Fitness T3$_0$*** *treadmill.*

The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of this treadmill as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the treadmill…

IMPORTANT SAFETY INSTRUCTIONS !

⇒ *DO NOT position the rear of the treadmill within 6 feet (2 meter) of the nearest obstruction. The sides of the treadmill should maintain a minimum clearance of 8 inches (20 cm) from the nearest treadmill or other obstruction.*

⇒ *DO NOT locate the treadmill outdoors, near swimming pools, or in areas of high humidity.*

⇒ *DO verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on the back page of this assembly instruction booklet.*
Save the shipping cartons in case of return.

⇒ *DO read the entire Operation Manual prior to attempting to operate this machine, as this is essential for proper use. The Manual explains how to properly use the treadmill and helps you to design an aerobic workout tailored to your personal fitness needs or requirements.*

⇒ *NE PAS placer l'arrière de l'appareil à moins de 2 m (3 pi) de toute obstruction. Conserver un dégagement latéral minimum de 20 centimètres (8 pouces) entre deux appareils ou entre l'appareil et tout autre type d'obstruction.*

⇒

⇒ *NE PAS placer le tapis roulant à l'extérieur, près d'une piscine ou dans un endroit très humide.*

⇒ *VÉRIFIER si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces manquent, téléphoner au service après-vente de Life Fitness dont le numéro figure sur la couverture arrière de la brochure de montage.*
Conserver l'emballage au cas où l'appareil devrait être renvoyé.

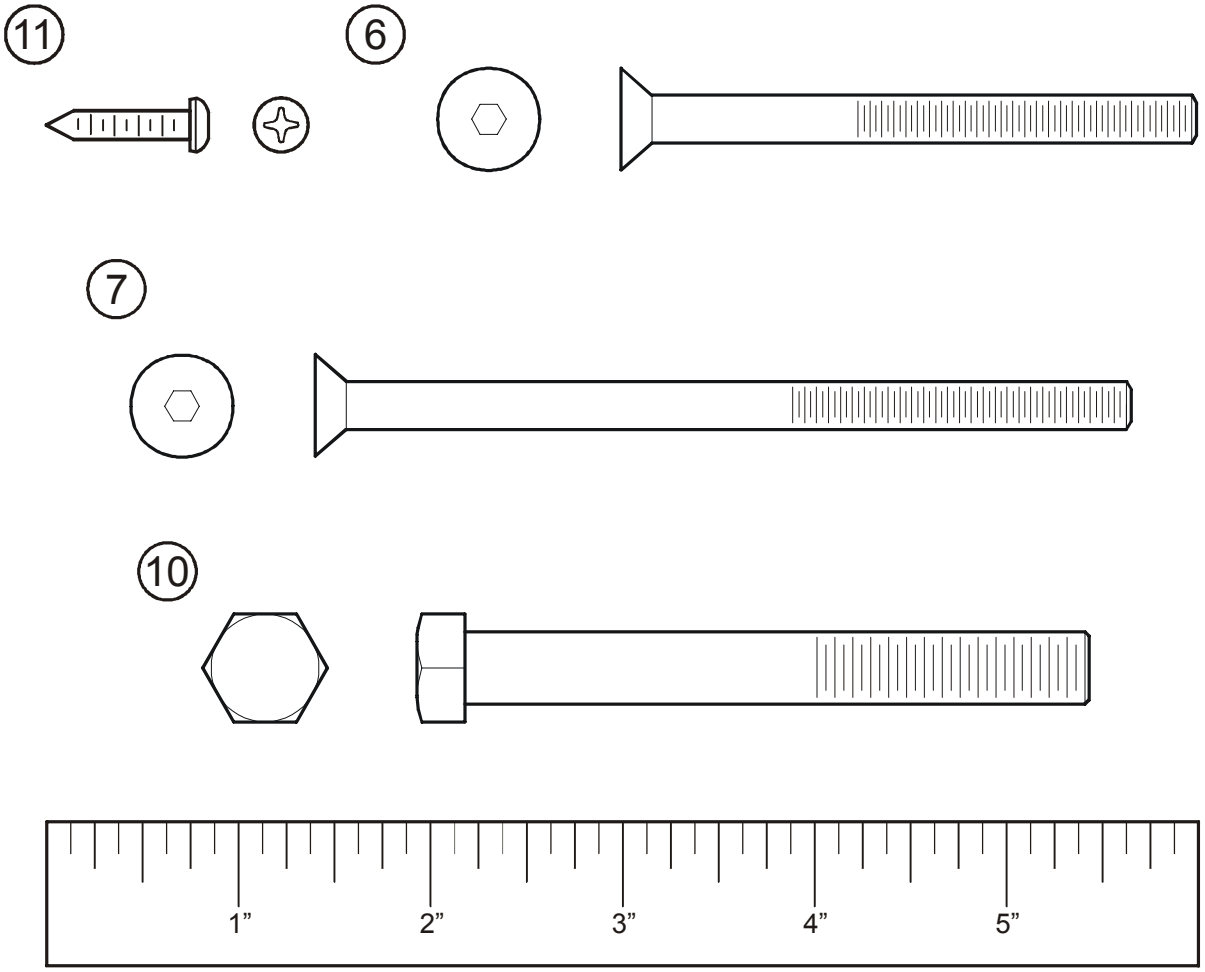
⇒ *LIRE le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte. Le manuel explique comment utiliser correctement le tapis roulant et permet de préparer une séance d'exercice adaptée aux critères et aux besoins de chacun.*

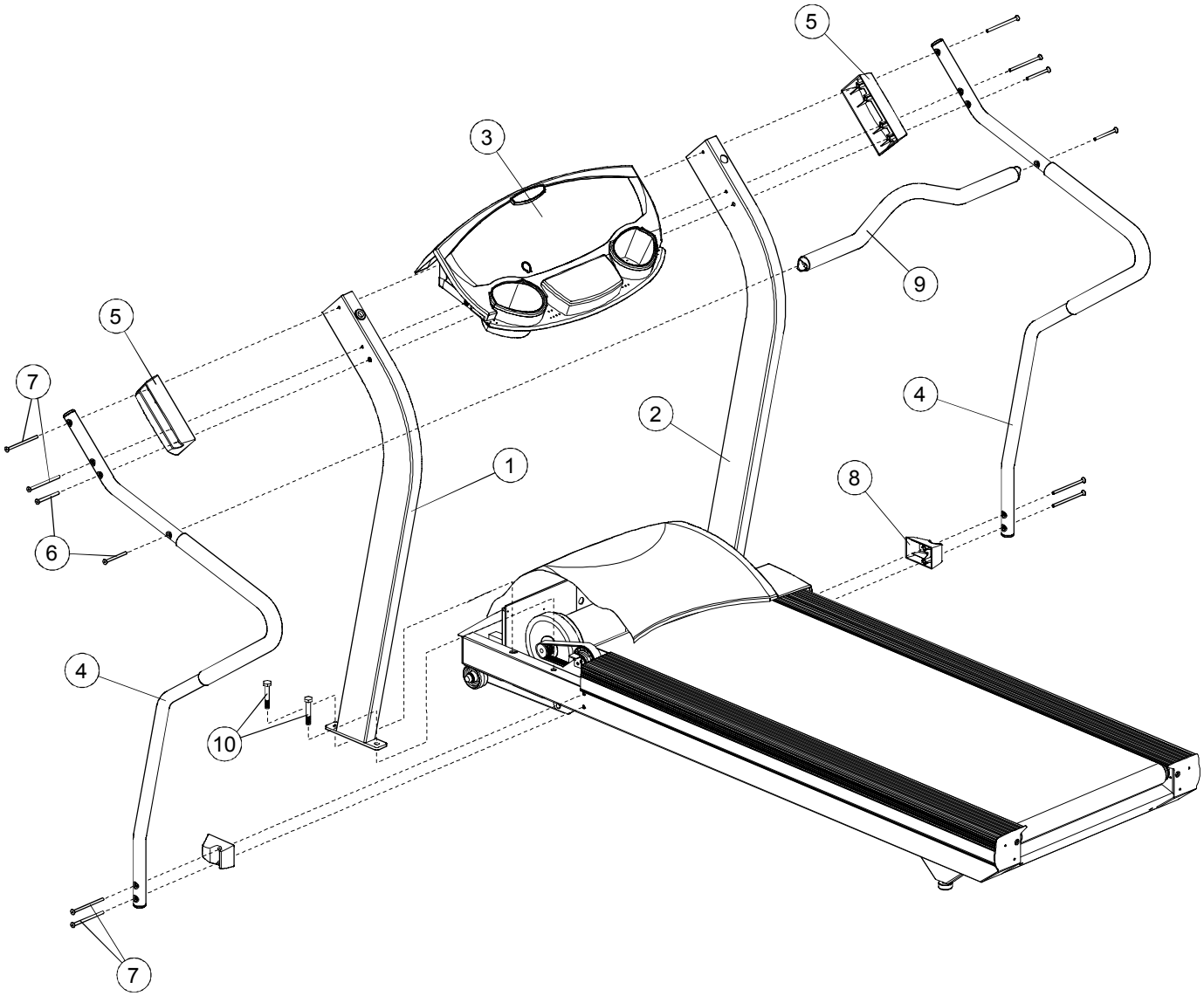
TOOLS REQUIRED FOR ASSEMBLY...

5/32” Hex Key Wrench (provided), 9/16” Combination Wrench, Phillips Screwdriver

PARTS DESCRIPTION

1	USER LEFT UPRIGHT **7963701**	**Qty: 1**	**2**	USER RIGHT UPRIGHT **7963401**	**Qty: 1**
3	DISPLAY CONSOLE ASSEMBLY	**Qty: 1**	**4**	HANDRAIL (LEFT & RIGHT) **7964001**	**Qty: 2**
5	TOP HANDRAIL SPACER **6835201**	**Qty: 2**	**6**	MOUNTING SCREW (SHORT) **1/4 - 20 x 3”** **3208001**	**Qty: 4**
7	MOUNTING SCREW (LONG) **1/4 - 20 x 4.25”** **3207701**	**Qty: 8**	**8**	BOTTOM HANDRAIL SPACER **6835101**	**Qty: 2**
9	HANDRAIL CROSSBAR **7963801**	**Qty: 1**	**10**	UPRIGHT MOUNTING BOLT **3/8 - 16 x 3.25”** **3223310**	**Qty: 4**
11	MOTOR COVER SCREW **6-20 x .38** **3207501**	**Qty: 2**	**12**	STOP CORD **6841301**	**Qty: 1**

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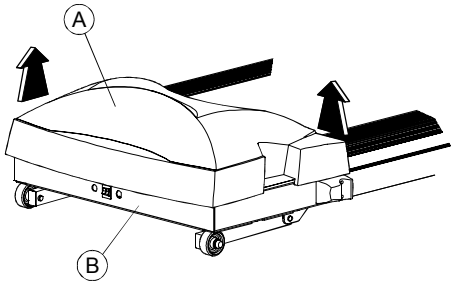
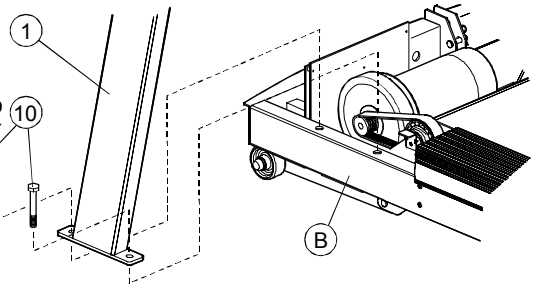
IMPORTANT!
DO NOT DISCARD THE SHIP KIT LOCATED ON TOP OF THE DECK AND BELT. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

1. Remove the tape securing the MOTOR COVER (A) to the FRAME (B). Carefully lift and remove the MOTOR COVER.



2. Remove the USER LEFT UPRIGHT (#1) (with grommets installed) from the ship kit. With the USER LEFT UPRIGHT angled toward the rear of the unit, align the mounting holes of the flanged end of the USER LEFT UPRIGHT with those on the top of the FRAME (B). Using two BOLTS (#10), secure the USER LEFT UPRIGHT to the FRAME. Tighten the BOLTS using a 9/16" combination wrench until snug and then back them off 1/4 turn. Repeat the procedure for the USER RIGHT UPRIGHT (#2).

3. Locate the DISPLAY CONSOLE ASSEMBLY (#3). Unwrap the WIRE HARNESS (C) secured to the back of the DISPLAY CONSOLE ASSEMBLY. Standing at the front of the unit, carefully lower the DISPLAY CONSOLE ASSEMBLY down near the tops of the USER LEFT and RIGHT UPRIGHTS (#1 & #2). Lower the user right side of the DISPLAY CONSOLE ASSEMBLY to rest on the USER RIGHT UPRIGHT. Holding the user left side of the DISPLAY CONSOLE ASSEMBLY slightly above the USER LEFT UPRIGHT, feed the WIRE HARNESS down into the USER LEFT UPRIGHT through the TOP CABLE ROUTING HOLE (D) of the USER LEFT UPRIGHT. Once the WIRE HARNESS is completely inserted into the USER LEFT UPRIGHT, lower the DISPLAY CONSOLE ASSEMBLY to completely rest on the USER LEFT UPRIGHT.

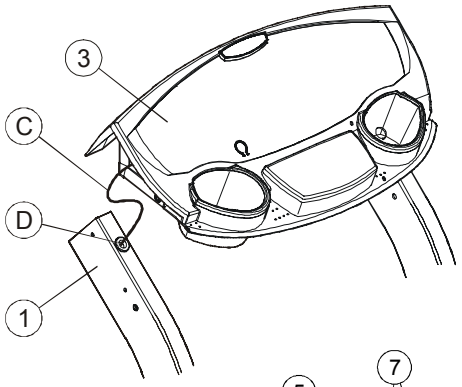


NOTE: Be careful not to damage the WIRE HARNESS (C) when routing it through the USER LEFT UPRIGHT (#1).

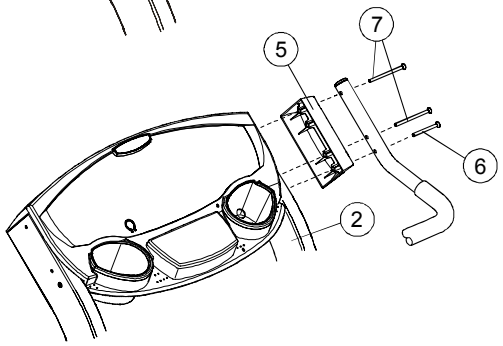
REMARQUE : Veiller à ne pas endommager le faisceau de CABLES (C) lors de son passage par le MONTANT DE GAUCHE (nº 1).

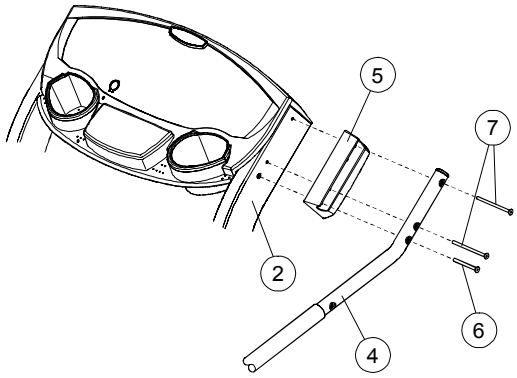
NOTE: *Be careful not to pinch the WIRE HARNESS* (C) *when lowering the DISPLAY CONSOLE ASSEMBLY (#3) onto the USER LEFT UPRIGHT (#1).*

REMARQUE : Veiller à ne pas pincer le faisceau de CABLES (c) lors de l'abaissement de la CONSOLE D'AFFICHAGE (nº 3) sur le MONTANT DE GAUCHE (nº 1).

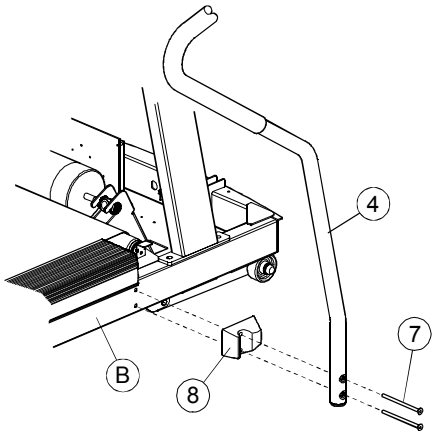


4. Locate a HANDRAIL (#4) and a TOP HANDRAIL SPACER (#5). Insert a SHORT MOUNTING BOLT (#6) through the bottom most of the three top mounting holes of the HANDRAIL. Slide the TOP HANDRAIL SPACER over the SHORT MOUNTING BOLT as shown until it fully nests over the HANDRAIL Align and insert the SHORT MOUNTING BOLT into the bottom most mounting hole of the USER RIGHT UPRIGHT (#2). Tighten the bolt until snug and then back it off one full turn. Insert two LONG MOUNTING BOLTS (#7) through the two remaining mounting holes and tighten all three bolts securely using a 5/32" hex key wrench.





5. Locate a BOTTOM HANDRAIL SPACER (#8). Insert the BOTTOM HANDRAIL SPACER between the bottom of the HANDRAIL (#4) and the FRAME (B) with the long taper facing the front of the unit as shown. Align the two mounting holes in the HANDRAIL, BOTTOM HANDRAIL SPACER, and FRAME and insert two LONG MOUNTING BOLTS (#7) and tighten securely using a 5/32" hex key wrench.



6. After securing the USER RIGHT SIDE HANDRAIL (#4 or #11) to the USER RIGHT UPRIGHT (#2), remove the USER LEFT UPRIGHT rear mounting bolt and carefully twist THE USER LEFT UPRIGHT (#1) outward until the rear mounting flange is off of the FRAME (B).

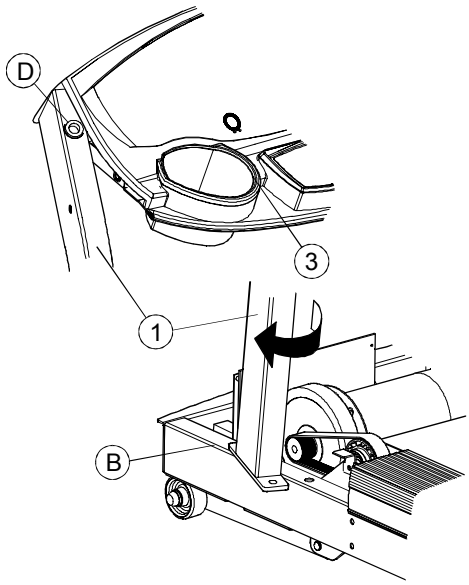
NOTE: be careful not to tilt the USER LEFT UPRIGHT (#1) from under the DISPLAY CONSOLE (#3) when twisting the USER LEFT UPRIGHT outward.

REMARQUE : veiller à ne pas incliner le MONTANT DE GAUCHE (nº 1) sous la CONSOLE D'AFFICHAGE (nº 3) lors de son orientation vers l'extérieur.

Reach a finger up into the ACCESS HOLE (E) located under the USER LEFT UPRIGHT mounting flange and guide the 10-PIN CONNECTOR (10P) of the WIRE HARNESS (C) that was fed into the USER LEFT UPRIGHT through the BOTTOM CABLE ROUTING HOLE (F) of the USER LEFT UPRIGHT. Carefully pull the excess wire from within the USER LEFT UPRIGHT. Plug the 10-PIN CONNECTOR into the CONTROL BOARD (G) located in the MOTOR COMPARTMENT (H). Feed any excess wire back into the USER LEFT UPRIGHT.

NOTE: Be careful not to damage the WIRE HARNESS (C) when pulling it through the BOTTOM CABLE ROUTING HOLE (F) in the USER LEFT UPRIGHT (#1).

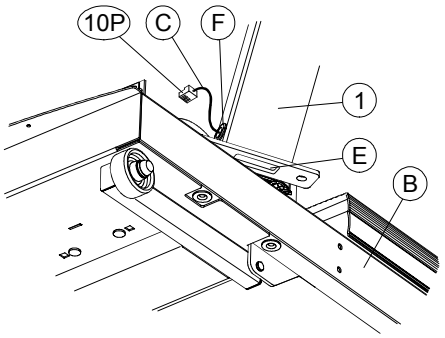
REMARQUE : Veiller à ne pas endommager le faisceau de CABLES (C) lors de son passage dans l'orifice d'acheminement de CABLES INFERIEUR (F) du MONTANT DE GAUCHE (nº 1).



7. Carefully twist the USER LEFT UPRIGHT back into position on the FRAME (B) and re-insert the rear MOUNTING BOLT (#10). Tighten the BOLT using a 9/16" combination wrench until snug and then back it off 1/4 turn.

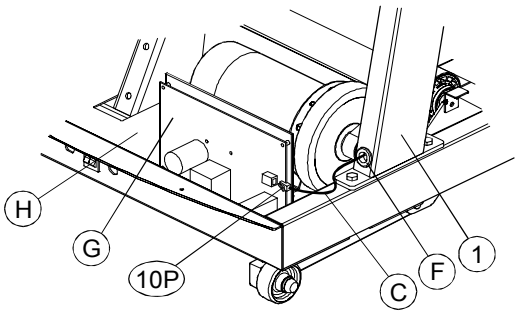
NOTE: Be careful not to damage the WIRE HARNESS (C) when twisting the USER LEFT UPRIGHT (#1) back into position.

REMARQUE : Veiller à ne pas endommager le faisceau de CABLES (C) lors de la remise en place du MONTANT DE GAUCHE (nº 1).



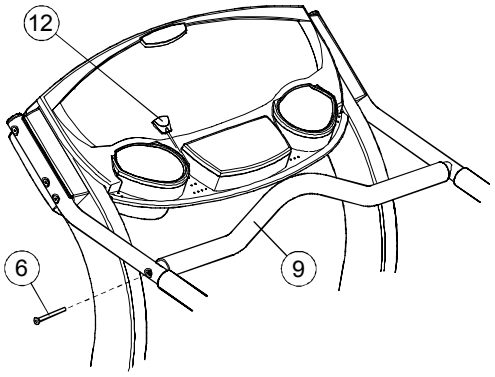
8. Repeat **Steps 5 and 6** to assemble the USER LEFT HANDRAIL.

Tighten all five mounting bolts and then back them off one full turn.



9. Locate the HANDRAIL CROSSBAR (#9). With the bend facing upward and pitched toward the DISPLAY CONSOLE, carefully place the HANDRAIL CROSSBAR between the user left and right handrails as shown and align the mounting holes. Insert one SHORT MOUNTING BOLT (#6) on either end of the HANDRAIL CROSSBAR and tighten using a 5/32" hex key wrench.

Securely tighten all mounting bolts on the USER LEFT HANDRAIL.



10. Securely tighten the four MOUNTING BOLTS (#10) securing the USER LEFT and RIGHT UPRIGHTS to the FRAME (B).

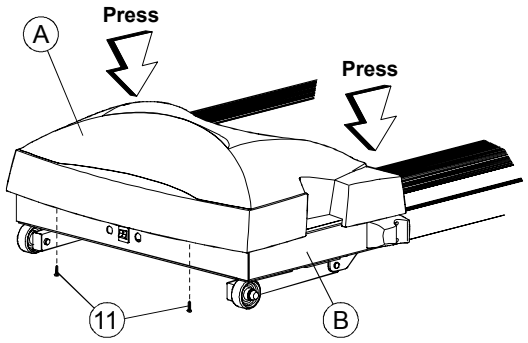
11. Place the STOP CORD (#12) in the proper location.

12. Position the unit in the desired location and plug the power cord into the front of the unit and then into a wall outlet (See the operation manual for power requirements.)

13. Position the MOTOR COVER (A) back over the MOTOR COMPARTMENT (H). Bring the unit to an incline position (refer to the Operation Manual for proper start and incline procedures.) Secure the MOTOR COVER (A) to the FRAME (B) using the two MOTOR COVER SCREWS (#13). Tighten the screws securely. Press down on the MOTOR COVER at the positions indicated to secure the Dual-Lock fasteners located under the MOTOR COVER to the FRAME. Lift lightly on the MOTOR COVER to confirm a positive lock. Repeat as necessary until the MOTOR COVER is secure. Lower the unit back to its original level.

NOTE: Be careful not to pinch the WIRE HARNESS (C) when replacing the MOTOR COVER (A).

REMARQUE : Veiller à ne pas pincer le faisceau de CABLES (C) lors de la remise en place du CAPOT DU MOTEUR (A).



PRE-OPERATION CHECKLIST

- ✓ *Ensure that all fasteners are tight.*
- ✓ *Make sure the STRIDING BELT is properly tensioned and aligned according to the Operation Manual.*
- ✓ *Check the operation of the STOP switch and tether switch assembly.*
  (See Operation Manual.)
- ✓ *Confirm the display console is set to English or Metric units.*
  (See Optional Settings ENG/MET in Operation Manual.)
- ✓ *Read the entire Operation Manual before using the treadmill.*

Before attempting to operate your Treadmill, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Life Fitness treadmill does not respond as described in the OPERATION MANUAL contact the nearest Life Fitness Service Center as listed in the OPERATION MANUAL.

Life Fitness Customer Support Services
at (800) 351-3737

Prior to your call, please be sure you have located and noted the

MODEL NUMBER & SERIAL NUMBER.

The Model & Serial number information of your Life Fitness Treadmill is contained in a label located on the front of the unit.

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